

On-Going and Upcoming Meetings:

Free Computer Classes - @ the T-U Recreation Computer Lab - 706-647-9691

Low Impact Aerobics Classes - M-W-F 8:30 am - 9:30 am now being offered at the Thomaston-Upson Civic Center. Call 706-647-9691 for more information

PiYo Classes - \$5 fee - Weds @ 5:30 pm at the Thomaston-Upson Civic Center

Karate - With Mr. Ronnie Jordan on M-W and the Thomaston-Upson Civic Center - Call for more information 478-957-5623

Swimming at the T-U Recreational Pool - Mon- Fridays 1 pm to 6 pm and Sat - 12-6 pm - \$3 for ages 5 and up

Upson County Family Connections - Meets the 4th Weds at 9 am in the auditorium of Upson Regional Medical Center

2nd & 4th Thursday Each Month - The Mobile Career Center provides workforce services for individuals and businesses. Individuals may participate in various career development activities such as on-line job search, cover letter and resume writing, etc. Businesses may use the Mobile Career Center for recruiting, pre-employment screening, interviewing and training. The Mobile unit will be at Southern Crescent Technical College the 2nd and 4th Thursday of each month from 10 am to 2 pm.

Thomaston Ford is giving a FREE - Complimentary Title Wave \$20 Car Wash Certificate to LADIES ONLY on Thursdays with any regular scheduled maintenance service. Check Thomaston Ford out on the web at www.thomastonford.com or on Facebook for daily specials.

2nd & 4th Thursday – Looking to develop speaking and leadership skills? Ace a job interview? Ignite your career? Thomaston Toastmasters meets the 2nd and 4th Thursday each month from Noon to 1:00 pm at American Pie in Thomaston. Toastmasters International is a world leader in communication and leadership development, and everyone is invited to attend. For more information about the Toastmaster organization go to <http://3137847.toastmastersclubs.org> or call Pam Koon at 706-325-2330.

2nd Wednesday of each Month - Central GA Society for Human Resource Management (SHRM) meeting is held the 2nd Wednesday of each month at American Pie Pizzeria at noon.

2019 Campus Tour Dates for UGA Griffin - Space is limited - RSVP is Required, call 770.412.4400 for more information. Tour timeslots are 12:30 pm and 4:30 pm: 6/25, 7/30, 9/24, 10/29, 11/26

Events at The Rock Ranch - Go to www.therockranch.com for event information